

## ABSTRACT OF THE DISCLOSURE

A light including a bendable body including opposite terminating portions,  
respective light sources carried at the terminating portions, at least one power source to  
power the light sources, wherein the bendable body is adapted to be wrapped at least  
5 partially around at least one of a user's neck and head to secure the light and adjusted  
so that the light sources are oriented in a desired configuration for optimal lighting of the  
one or more objects.

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